BENGALURU, MONDAY, JANUARY 13, 2025 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 26 | Min 21 | Humidity 72% Scattered Showers Sensex 77,378 | Nifty 23,431 | Gold 78,400 | Silver 92,466 | Dollar 86.09 | Euro 88.37 | GBP 105.37

READ THE ROOM

Karnataka introduces mandatory weekly library periods for students of Classes 1 to 10; schools told to create special reading corners

PAGE 2

CITY OF WOMEN

As Bengaluru emerges as top favourite city for working women in country, experts discuss ways to make it more inclusive and equal

PAGE 5

In a hurry to get their kids to school on time and in the absence of reliable public transport, many parents forced to resort to unsafe practices of triple or helmetless riding

THREE IS A CROWD

Children must wear safety harness and appropriately sized crash helmets

Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

It's a common sight in Bengaluru: As the school bell rings each morning, roads are filled with parents hurrying across, balancing a total of three riders on a single two-wheeler. This growing trend of triple rides, often involving one or two school children and their parents, has raised eyebrows among traffic authorities, educators, and safety experts.

In many parts of the city, parents juggling busy schedules opt for the triple ride as a quick fix to ferry their kids to school. While it saves time and resources, the risks far outweigh the benefits. Two-wheelers, designed to carry only two passengers, become unstable when overloaded. Adding a third rider, particularly a child, not only compromises the bike's balance but also leaves the child dangerously exposed in the event of a collision or sudden brake.

Though traffic rules that

CONTINUED ON PAGE 8 »

PAGE 3
JAMPACKED ROADS

"Parents may know the rules, but if all they have is a scooter and two children to transport, they are left with no choice but to resort to unsafe practices. Awareness campaigns are ineffective without practical alternatives

—Shreya Gadepalli, Founder of Urban Workers

Bridge the gap

Unique centre set up at CV Raman Hospital under PPP model, treats, cares for and rehabilitates homeless mentally ill people

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

Perhaps Sir CV Raman Hospital is the first government hospital to have an emergency care and recovery centre for the welfare of the homeless mentally ill people in Bengaluru. The specialty of Manovruksha, the centre at Sir CV Raman Hospital, is that other than treatment and care, it also offers rehabilitation for the homeless mentally ill.

"We provide the inmates of Manuvruksha with medicines and doctors, except psychologists. As of now, 25 mentally ill people are taking shelter here. We also provide lunch for the inmates.

I have written to higher authorities to increase the number of beds for mentally ill to 50. I am happy to see the homeless receiving care and treatment here," said Sir CV Raman Hospital Medical Superintendent Dr Rajesh KS.

The department of health and family welfare and the Aaladamara Foundation inaugurated Manovruksha on October 8, 2024. This is the first of its kind in Karnataka and many more such centres are expected to cater to the needs of the vulnerable population. It is the first such effort under a public-private partnership (PPP) model in the state.

Manovruksha represents a major step

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Handcrafted Treasures

Discover the vibrant world of Indian handicrafts at "The Souq Market." Featuring handloom fabrics, unique home decor, and exquisite jewellery, this exhibition celebrates Sankranti with creations from artisans across the country. Don't miss the chance to explore these handcrafted treasures and bring home something special for your celebrations.
Where: Karnataka Chitrakala Parishath; When: January 10- 19

02 Hampi's heritage

Explore the rich architectural legacy of Bengaluru and Hampi with CEPT University's professional certificate programs. Dive into the city's design practices and heritage of Hampi. Enhance your expertise with expert interactions. For more information https://cpp.cept.ac.in/program/details/hampi-program-in-architectural-history-heritage
Where: UNESCO World Heritage Site of Hampi When: January 30 to February 2

03 Timeless Terracotta

Discover the captivating world of terracotta sculptures at Aarti Gupta Bhadauria's solo exhibition, 'Rhythmic Emotions.' Experience her rhythmic, abstract creations that evoke human emotions through fluidity and movement. With a focus on redefining terracotta, Aarti's work bridges ancient traditions and contemporary themes.
Where: Sublime Galleria UB City; When: January 10 - February 3, 11 am to 7 pm

04 Theatre revival

Step into the world of Project Darling. A witty, thought-provoking play exploring female sexuality, culture, and censorship. Join a lively quest to rediscover Kannada theatre's iconic women performers through humour, music, dance, and puppetry. Supported by IFA and Prakash Raj's Nirdigantha, this unforgettable experience awaits Bengaluru's theatre enthusiasts.
Where: Ranga Shankara When: 17 January, 7:30 pm

Bookworms in making: Schools add library hours

To revive reading habits, K'taka introduces mandatory weekly library periods for students from 1st to 10th standard; this initiative fosters love for reading

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

Every student is required to visit library once a week during fixed time

The decline in reading habits among children has become increasingly evident, with each passing year showing a reduction in their engagement with both academic and non-academic reading materials. In response to this concerning trend, the Department of School Education and Literacy has introduced a new initiative designed to rekindle the love for reading among students. As part of the 'Reading Habit Self-Knowledge Development' program, students from 1st to 10th standard will be required to spend at least one period each week in a library. This initiative mandates that every school must have a library, with the goal of fostering a stronger reading culture among students.

The concept of a Children's Friendly Library marks a departure from the traditional library system found in schools. The Education Department has instructed that schools designate a specific area for creating a welcoming reading environment or a reading corner. During their designated library period, students should have the freedom to explore this space independently, with easy access to books and reading materials. The department has emphasised that books should not be locked away in cupboards but should be within the reach of children's hands, encouraging them to engage with the materials freely.

An official said, "Simply establishing a library is not sufficient; its management must ensure that children can efficiently utilise the resources. The program has been launched with the aim of ingraining reading habits in children. Responsibility for overseeing library activities has been assigned to Nali Kali teachers for classes 1-3 and language teachers for classes 4-10. Additionally, the department has proposed a system where students can borrow books, read them at home, and return them, further promoting continuous reading. To ensure consistent engagement, every student is required to visit the library at least once a week during a fixed time. The library period has been scheduled as follows: for classes 1-3, Friday, 3:10 pm to 3:40 pm; for class 4, Monday, 3:50 pm to 4:30 pm; for class 5, Tuesday, 3:50 pm to 4:30 pm; for classes 6-8, Thursday, 3:50 pm to 4:30 pm; and for classes 9-10, Tuesday, 3:50 pm to 4:30 pm. Attendance during this period is mandatory for all students. This comprehensive program is a significant step toward reviving the reading habit among students and ensuring that every child has the opportunity to develop a lifelong love for reading."

> **"This comprehensive program is a step toward reviving the reading habit among students and ensuring that every child has opportunity to develop love for reading** –Official

Sunanda Kumar, a parent said, "Encouraging the reading habit in children is essential because it opens up a world of imagination, knowledge, and critical thinking. In an age dominated by screens and instant gratification, reading helps kids develop focus, patience, and a deeper understanding of the world around them. It's not just about academic success; it's about nurturing a lifelong love for learning and curiosity. When children read, they learn to empathise with different perspectives and become more creative and confident. As a parent, I believe that fostering this habit early on is crucial for their overall development and helps build a strong foundation for their future."

Old clothes, new bags: Cheela Mela's eco twist at Suggi Huggi

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

The Cheela Mela, a two-day cultural extravaganza held at Suggi Huggi, Jakkur, successfully encouraged the public to reduce plastic bag usage. The event aimed to unite the community and institutions in making a meaningful contribution towards a cleaner, greener world.

Thousands of people visited Suggi Huggi, with many stopping by the Cheela Mela stall set up by Mythri Sarva Seva Samiti. Most visitors learned about the Cheela Mela through social media and brought old, unused clothes to have them made into cloth bags.

"I came to know about Suggi Huggi through social media. The announcement on Cheela Mela got my attention. I bought some old and unused clothes from home. I am very happy to get unused clothes stitched into cloth bags. I want the organisers to arrange more and more similar melas to create awareness among the public on how to avoid using single-use plastic," said Pramida MG, a homemaker from Hesaraghatta.

Appreciating the organisers, Likita R, a college student from Yelahanka, said that she was very happy to visit Cheela Mela's stall at the Suggi Huggi. "I brought some old clothes from home to get stitched bags. I will use these bags in future while going shopping or to the market to buy vegetables. I came with one of my friends to Suggi Huggi. I want to bring another friend of mine in the evening. The purpose is to spend time and also create awareness to my friend on how to avoid plastic," said Likita.

Over 4,500 visitors became aware of the harmful impact of plastic on the environment, and around 700 people who brought old clothes received cloth bags on January 11. "We have organised Cheela Mela in collaboration with GIZ. We are very happy to open a stall at Suggi Huggi to stitch cloth bags. Our stall at the recently held Krishi Mela was a huge success. We continue to organise awareness programmes for the public," said Chief Executive Officer of Mythri Sarva Seva Smithi, Harish Babu S.

He said that awareness programmes on segregation of waste at source, use and reuse of an item to reduce generation of waste and how to conserve resources. "We played a key role in waste segregation programmes in Bengaluru," he said.

Revenue Minister Krishna Byre Gowda at Cheela Mela stall

Rush hour in B'luru: 3rd slowest city in the world

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR

Bengaluru has been ranked the third slowest city for travel time in the 2024 Global Traffic Index released by TomTom, a Dutch location technology firm. The city trails only Barranquilla in Colombia and Kolkata. This marks a significant decline in Bengaluru's ranking at the sixth place in 2023.

According to the report, the average time to traverse 10 kilometres in Bengaluru was 30 minutes and 10 seconds, an increase compared to the previous year. The city's average speed dropped to 17.6 km/hour, down by 0.5 km/hour from 2023. In the Congestion Level Index, Bengaluru was ranked 68, reflecting a 4% increase in congestion levels compared to the prior year.

Officer goers stuck in a massive traffic jam on Old Madras Road near KR Puram hanging bridge on a rainy day (file photo)

Rush hour woes

Time lost during rush hour in Bengaluru in 2024 totalled 117 hours for an average commuter. Morning rush hour saw travel times averaging 38 minutes and 50 seconds, with a speed of 15.5 km/hour, while evening rush hour was even slower, with an average travel time of 41 minutes and 59 seconds. The congestion level during morning rush hours was recorded at 55%, spiking to 68% in the evenings.

The data revealed that October 5, 2024, was the worst traffic day for the city. On that day, it took drivers an average of 39 minutes and 21 seconds to cover 10 kilometres, with congestion levels soaring to 58%.

'Lack of in depth analysis'

Traffic expert Professor MN Shreehari explained that congestion measurements often provide a rough estimation rather than an exact reflection of ground realities. "This method doesn't directly account for congestion caused by factors like slow drivers, vehicles struggling to find a way, or occasional obstacles," he said. He added that on an average peak day, free from accidents or major disruptions, the urban speed limit of 40 km/h in Indian cities forms the basis for calculating travel times, though this can vary depending on the type of vehicle and road conditions.

Commenting on Bengaluru's jump from sixth to third place in the global traffic index, Professor Shreehari said, "The number of vehicles is increasing on the same road width, leading to higher congestion. If we focus on specific high-traffic roads, Bengaluru might even rank first."

While some other experts argue that the analysis focuses narrowly on specific metrics, potentially overlooking broader factors influencing traffic conditions. They emphasise the need for a more in-depth evaluation to capture the complexities of urban mobility. Such an approach could provide more actionable insights for improving traffic management and reducing congestion, they said.

Cows attacked in Chamarajpet

Some unidentified miscreants slashed the udders of three cows resting on the roadside in Pension Mohalla, Vinayak Nagar, Chamarajpet, on Saturday night. Passersby alerted the owner of the cows, Karna, on Sunday morning.

Karna informed the police and senior police officials, along with a forensic team, visited the site and began a detailed investigation. Efforts are underway to trace the perpetrators using CCTV footage.

Chief Minister Siddaramaiah and Home Minister G Parameshwara assured swift action. **BMB**

2 peddlers arrested, Yaba tablets seized

The Anti Narcotic cell of the Central Crime Branch arrested two peddlers and seized 35 grams of Yaba tablets and 1.7 kilos of ganja worth Rs 3 lakh in Electronic city on Sunday.

The CCB officials along with the Parappana Agrahara police, raided an apartment in Electronic City based on the tip off they received. According to the police, the accused hailing from West Bengal were living in the city. They were reportedly selling these drugs to college students and other software employees so that they could lead a 'luxurious life'.

A case has been registered. **BMB**

BM Finance Fundas

 # Little weak: The Indian economy is expected to be "a little weaker" in 2025, IMF MD said

RBI loan FAQs: Can you swap fixed & floating interest rate based on repo rate?

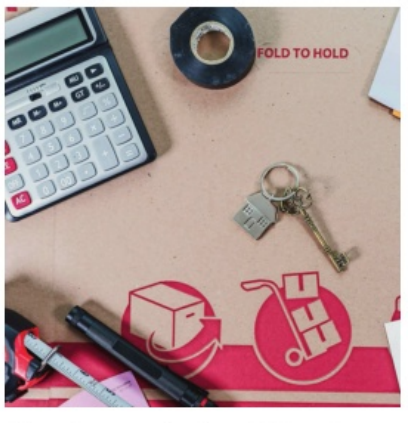
The Reserve Bank of India (RBI) has issued a new circular on FAQs on 'Reset of Floating Interest Rate on Equated Monthly Instalments (EMI) based Personal Loans'. It states that regulated entities, such as banks, must provide the home loan borrower with the option of switching to/from a fixed rate as per the board approved policy at the time of interest rate reset. Note that this circular will be applicable to the existing borrowers as well. The FAQs are issued on January 10, 2025.

Lenders are required to offer fixed interest rate options for all personal loan categories such as home loan, car loan etc. and allow borrowers to switch between floating and fixed rates, with flexibility subject to board-approved policies and charges. This applies to loans linked to both external and internal benchmarks.

Lenders may levy charges for switching rates, which must be transparently disclosed to the loan borrowers.

This would mean that when the RBI hikes the repo rate, then the borrower can switch from floating to fixed interest rate to save on interest costs by paying certain charges. Similarly, when RBI cuts repo rate, then too the borrower has the option to switch from fixed to floating interest rate regime to save on interest costs.

However, the bank can specify the number of times a borrower will be



allowed to exercise the switch option during the tenor of the loan under its board-approved policy, as per the RBI circular.

As per the circular, lenders must communicate the impact of interest rate resets on EMIs for floating-rate personal loans at the time of sanction and during the loan tenure. At sanction, lenders must disclose the annualized rate of interest in the Key Fact Statement (KFS), outline the potential impact of rate changes, and provide regular updates on EMI changes and loan details during the tenure.

Borrowers must also be informed of options to address rising interest rates, such as adjusting EMIs, extending the loan tenure, switching to a fixed rate, or prepaying the loan.

Will there be charges when you switch interest rate regime?

Yes, banks can levy applicable charges for switching of loans from floating to fixed rate or vice versa and/ or any other service charges/ administrative costs incidental to the exercise of the switchover.

What is a personal loan as per RBI?

According to RBI circular dated January 4, 2018, "Personal loans refers to loans given to individuals and consist of **(a)** consumer credit, **(b)** education loan, **(c)** loans given for creation/ enhancement of immovable assets (e.g., housing, etc.), and **(d)** loans given for investment in financial assets (shares, debentures, etc.)."

The FAQs issued by RBI on personal loans covers all the loans mentioned above.

What is floating interest rate home loan?

A floating interest rate is an interest rate that fluctuates over time, due to changes in the benchmark rate. The Reserve Bank of India (RBI) sets the repo rate, which is usually a benchmark rate that influences floating interest rates on home loans. RBI, in its floating rate regime, has allowed banks to offer other benchmarks such as T-bills for linking home loan interest rate.

—Sneha Kulkarni, ET Online

TJSB SAHAKARI BANK LTD. MULTI-STATE SCHEDULED BANK
Bharose ka Bank Bhavishya ka Bank
Your wealth deserves to grow, and we have got the perfect way to make it happen!
DHANAVRUDDHI SCHEME
For 181 days
Offering the Highest Rate of Interest at
7.00% p.a.*
Offer valid for limited period
FIXED DEPOSIT
www.tjsbbank.co.in
Toll Free: 1800 266 3466/1800 103 466

Road woes, safety rows: HVR Road's nightmares

Residents of HVR and Mallasandra raise concerns over crumbling roads, public nuisances, and service delays; BBMP and BWSSB assure swift action on repairs, water access, and documentation

Bangalore Mirror Bureau
mybangaloremirror
@timesofindia.com

TWEETS @BangaloreMirror

(File photo) The primary concern of the residents is the poor condition of HVR Road

Residents of HVR and Mallasandra came together at a grievance redressal meeting held at Godrej Eternity to bring their long-standing problems to the attention of authorities. With concerns ranging from crumbling infrastructure to public safety and unregulated development, the residents urged officials to take swift action. The meeting was chaired by MLA ST Somashekar.

One of the primary concerns raised was the poor condition of HVR Road. Residents complained about ongoing pipeline work, which has left the road unusable, and the lack of progress in infrastructure improvements.

BWSSB (Bangalore Water Supply and Sewerage Board) officials assured attendees that 90% of the pipeline work is complete and the remaining work will be finished within 15 days. Following this, BBMP will begin white-topping the road, along with constructing footpaths and drains. However, this project is expected to take up to a year.

In the meantime, BBMP (Bruhat Bengaluru Mahanagara Palike) will lay temporary wet-mix concrete to make the road more usable. To address accessibility during construction, officials are also exploring alternate routes.

To ensure uniform road width, BBMP has started offering Transferable Development Rights (TDR) to affected property owners and is relocating a temple at the road's entrance as part of the process.

Public safety

Safety concerns were another pressing issue. Residents voiced frustration over with people drinking and loitering near Vaibhava Sumukha Layout, which has led to disturbances and unsafe conditions, especially at night. Delivery executives have also faced harassment and robberies, making them reluctant to deliver after dark.

The lack of streetlights on Holiday Village Road has further added to safety risks. Police officials promised to monitor bars in the area more closely to prevent illegal activities.

The absence of reliable Cauvery water connections was another major issue. Residents pointed out that while Anand Aster apartments at the start of HVR Road have already received connections, others are still waiting. BWSSB clarified that connections will be available for application online once the pipeline work is complete, and most apartments should have access by the end of the year.

Safety concerns grow with miscreants drinking and loitering in the area. Delivery executives have been harassed and robbed, making them hesitant to operate after dark

However, many residents expressed concern over the connection charge of 400 per square metre, calling it unaffordable. The MLA assured them that he would arrange a meeting with BWSSB officials to discuss waivers or instalment options.

Issues related to waste management and property documentation were also discussed. Officials from the Solid Waste Management department were unavailable to provide clarity. BBMP assured residents that the matter would be followed up soon.

For property documentation, BBMP introduced a new online portal for Khata applications. BBMP Deputy Commissioner, Abdul Rab demonstrated the portal to residents and assured them that pending issues would be resolved soon.

Railway project gains momentum after delays

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The long-pending Bengaluru-hamarajanagar railway line project receives renewed momentum. Union Minister HD Kumaraswamy recently discussed Karnataka's railway projects with Railway Minister Ashwini Vaishnav, stressing funding for the Hejjala-Chamarajanagar railway line. The Railway Department has issued a notification for land acquisition, signalling a forward movement in this stalled project. Initially sanctioned in 1997-98 with plans to connect Bengaluru to Sathyamangalam (Tamil Nadu) via Kanakapura and Chamarajanagar, the project encountered delays primarily due to land acquisition challenges. With this recent progress, there is optimism that the project will soon be completed, offering much-needed relief to the local populace.

The railway line project stretching from Ramanagaram to Sathyamangalam, which faced delays owing to reserved forest areas, has been reactivated. Initially intended to link Bengaluru to Tamil Nadu via Kanakapura and Chamarajanagar, the project was later scaled down to Hejjala (a deviation from the existing Bengaluru-Mysuru railway line) to Chamarajanagar due to hurdles related to forest clearance. Despite a land acquisition proposal submitted by the Railway Department in 2016, the project encountered various obstacles, causing stagnation. However, with the recent progress, the project is anticipated to begin soon, heralding benefits for residents of the Ramanagara district and neighbouring areas like Bidadi, Ramanagara, and Channapatna.

Recently, Union Minister of State for Railways V Somanna, announced that proposed railway lines between Hejjala-Chamarajanagar and Mysuru-Kushalnagar projects will be expedited. "The Mysuru-Kushalnagar 89 km railway line project has been progressing slowly due to issues like land acquisition. I assure you that all hurdles hindering these projects will be addressed on priority," he said

Railway reboot

This proposal traces back to 1997-98 during Deve Gowda's tenure as Prime Minister, when the Bangalore-Sathyamangalam railway line was introduced. Environmental clearance was denied due to the Sathyamangalam forest. In 2013-14, the project was revised, shortening the line to 141 km, focusing on Chamarajanagar. However, it remained on paper until now.
In 2018, MPs, Dhruvanarayan and DK Suresh lobbied for the project. In 2024, Kumaraswamy, as a Union Minister, revived discussions with the Railway Ministry. These efforts have increased the likelihood of restarting the 1,500 crore project.

Project overview:

The Hejjala-Chamarajanagar railway line spans 141 km, passing through key locations like Harohalli, Kanakapura, Malavalli, and Kollegal. About 70 km of the route lies within Ramanagara district, benefiting five taluks. This project requires acquiring 1,700 acres of land.

whatsapp MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Grill issues

Hennur

The drain cover grill at the Hennur underpass on Ring Road is in poor condition, with repeated damage from daily traffic. Despite repairs over the past year, subpar welding has only provided temporary fixes.

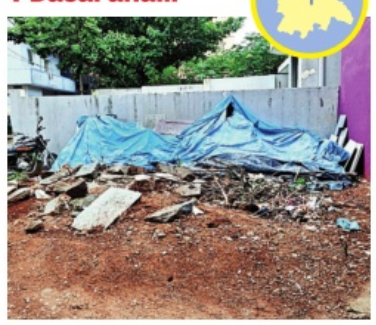
Vehicle chaos

KR Puram

Unlicensed vehicles are blocking access at the KR Puram Extension bus stop, causing significant inconvenience and delays for commuters.

Site neglect

T Dasarahalli



A vacant site on Ramesh Road, T Dasarahalli, has turned into a garbage dump, attracting pests and insects. Despite repeated complaints to the landlord, no action has been taken.

City for women: Bengaluru takes the lead

As city's scores high on inclusion score, expert talks about areas where more inclusivity can come in

Sanjana S
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

Bengaluru has added another feather to its cap by emerging as the top city for working women in the country. According to the recently released Top Cities for Women in India (TCWI) 2024 report by Avtar, Bengaluru secured a City Inclusion Score (CIS) of 47.15, edging out Chennai, which closely followed with a score of 46.31.

The TCWI report's evaluated 120 cities across the nation and Bengaluru scored top points in inclusivity, safety, and adaptability for women. However, experts caution that there is still room for improvement.

Challenges persist

Experts caution that there is still a long way to go in addressing the challenges women face. Affordable housing near office hubs, improved public transport options, and tackling workplace discrimination remain pressing issues.

According to a report, there are 450 million employed women in India, but their participation in the formal economy is only a minuscule 18%. The problem around women's employment reflects structural issues that inherently impede their upward mobility, but it is also a manifestation of the lack of progressive policies in the government and the corporate sector.

A report says there are 450 million employed women in India, but their participation in the formal economy is only a minuscule 18%

"In many metropolitan cities, including Bengaluru, the term 'inclusive' is often used, but the reality can be quite different. While both men and women work to support their families, true inclusivity remains a challenge. People may be compelled to work due to necessity, but they face numerous obstacles such as lack of safety during commuting, workplace harassment, and ineffective POSH policies. Inclusivity isn't actively enforced in many workplaces," said KS Vimala Janawadi, Mahila Sanghatane.

She said that Bengaluru, once a public sector hub, provided more equitable opportunities, but with reforms and globalisation, public sectors have been sidelined. "Garment industry is a very big industry, it's a women dominated industry, maybe many women are included but underlying issues of exploitation and lack of support persist and are not addressed," she said.

> **People may be compelled to work, but they face many obstacles such as unsafe commutes, harassment at work**
>
> –KS Vimala, Mahila Sanghatane

The Metrics

Experts say Bengaluru's ascension to the top spot can be attributed to its vibrant job market, inclusive policies by companies, and a relatively better safety index compared to other metros. The city's flourishing tech ecosystem has not only created diverse job opportunities but also fostered a culture of gender equality. The city's Social Inclusion Score (SIS) of 36.72, ranked third nationally, highlights progress in livability, safety, and women's empowerment, supported by initiatives like women-friendly public spaces, women-run taxi services, and government schemes. Bengaluru also leads in the Industrial Inclusion Score (IIS) with 81.33, driven by its thriving IT industry, flexible work policies, childcare support systems, and focus on women's mental health, making it a benchmark for inclusive business practices.

The Ease of Living Index 2020 by the Ministry of Housing and Urban Affairs, with Bengaluru scoring 66.7 out of 100, reflects its strengths in quality of life, economic opportunities, and sustainability. Leading companies headquartered in Bengaluru have implemented family-friendly policies such as extended maternity leave, flexible working hours, and robust sexual harassment redressal mechanisms.

Dr. Saundarya Rajesh, founder-president of Avtar Group, highlighted the crucial role of gender-inclusive cities in creating opportunities for women. "Cities are the foundation of opportunity, shaping how women live, work, and thrive." She also emphasised on how small changes in mindset, policy, and infrastructure can lead to transformative progress.

Roadmap for others

From access to quality schools and healthcare to creating safe public spaces, addressing the needs of working women should be a key focus for city planners. Recognising this, the government plans to prioritise cities based on factors that make them exemplary for women.

In the Ministry of Housing and Urban Affairs' (MoHUA) Ease of Living Index 2020, Bengaluru ranked first among 100 cities in a comparative study.

The city's comprehensive score across economic ability and sustainability parameters improved to 70% in 2020 from 66.7% in 2019.

Pollution hotspots rise in K'taka's rivers

Garima Prasher
garima.prasher
@timesofindia.com
TWEETS @BangaloreMIRROR

A water quality analysis of rivers in Karnataka shows that pollution hotspots at most river stretches have increased between 2022 and 2023.

In 2022, the Central Water Commission identified pollution hotspots in the rivers based on high levels of contaminants such as total and faecal coliform bacteria, low levels of dissolved oxygen, and high values of nitrate pollution.

When these hotspots were reanalysed in 2023, 28 out of 32 hotspots (river stretches) measured with high levels of total coliform in 2022 had further deteriorated in 2023, and 24 out of 29 stretches with dangerous levels of faecal coliform bacteria had ebbed.

Rivers with deteriorated water quality include Arkavathy, Hemavathi, Cauvery, Krishna, Tunga, Bhadra, Suvarnavathi, Haridra, Malaprabha, Ghataprabha, Tungabhadra, Kumudavathi, Hemavati, Kangna, Kabini, Shimsha, etc.

Arkavathy River stretch near T Bekuppe was found to have low dissolved oxygen levels, and high levels of total coliform contamination (661200MPN/100ml), leading to high biological oxygen demand, and high levels of fecal coliform contamination.

The analysis was conducted at 46 water quality monitoring stations across the state.

The assessment of dissolved oxygen (DO) levels across multiple water quality monitoring stations in the state during 2023 reveals a concerning trend, indicating potential risks to outdoor bathing in rivers. As per the Central Pollution Control Board (CPCB), a minimum concentration of 5.0 mg/l of DO is required for safe outdoor bathing. However, data from monitoring stations indicate that during various seasons, average DO values fell below this critical threshold. Comparing the years 2022 and 2023 highlights persistent challenges in maintaining adequate DO levels in river waters. One of the river stretches that recorded low DO levels is Arkavathy.

During the 2023 monitoring period, concerns regarding Total Coliform (TC) levels in India's river water quality were evident across all seasons, highlighting widespread contamination and potential health risks associated with microbial pollution. Yagachi, Kabini, Shimsha, Arkavathy, Tunga, Hemavati, Bhadra, and Cauvery are some rivers with a high load of total coliform bacteria in Karnataka.

High levels of faecal coliform were recorded in rivers such as Yagachi, Hagari, Kabini, Shimsha, Arkavathy, Tunga, Hemavati, Bhadra, Krishna, Cauvery, etc. . "This widespread contamination highlights the pervasive impact of human activities, agricultural runoff, and inadequate sanitation infrastructure across diverse geographical regions," noted the report.

NOTES FROM THE FIELD

Tail triumph

Spotting a leopard can be quite scary. However, a young man displayed incredible courage last week by grabbing a leopard by its tail and helping trap it in a cage in Tumakuru district. leopard had been prowling around Rangapura village for several days, sparking fear among the locals. It was spotted near the house of a man named Kumar on Puralehalli Road. The locals promptly informed the Forest Department, who rushed to the spot with the equipment to capture the big cat. Despite their efforts to trap it with a net, the leopard managed to slip away in the blink of an eye. That's when Anand, a local youth, fearlessly grabbed the leopard by its tail and helped guide it into the cage, pulling off an act of sheer bravery.

Traffic jam in DPR?

During the preparation of the Detailed Project Report (DPR) for Bengaluru's ambitious tunnel road project, a New Delhi-based firm raised eyebrows by allegedly copy-pasting traffic data from Malegaon and Nashik instead of Bengaluru. The revelation left many wondering if the project's groundwork was as solid as its ambitious vision. When quizzed about this, BBMP Chief Commissioner Tushar Giri Nath clarified, "The North-South Corridor traffic study was carried out by a private company. They've submitted a detailed draft report, which is currently under review for financial feasibility. While preparing the draft in a rush, a compiling error occurred on one page, mistakenly including data from another city." Acknowledging the blunder, Giri Nath added, "The company has apologised for the mistake. But let's be clear—this error doesn't mean the entire project is a copy-paste job. You're welcome to inspect the report yourself." Later, BBMP slapped a penalty of Rs 5 lakh on the consultant.

Battle of commissions

In response to Chief Minister Siddaramaiah's challenge to provide proof for the 60% commission allegations against the state government, former CM Basavaraj Bommai fired back, questioning the Congress's lack of evidence when they accused the BJP of a 40% commission during his tenure. Bommai quipped, "Even Congress couldn't provide evidence for their claims. Corruption has spread its tentacles in every department, leaving no room for development. Ordinary citizens and contractors are bearing the brunt." Reacting to this, Siddaramaiah said, "The infamous 40% commission accusation against the BJP was initially made by Kempanna, the then-president of the Contractors' Association, not me. If BJP wants to refute commission claims, they should address Kempanna's allegations, not me." Joining the discussion, Union Minister HD Kumaraswamy said, "Instead of pointing fingers at others, maybe address the corruption within your ranks."

Spicy heist

The price hike in garlic seems to have triggered a criminal craving. The peaceful Mahadeshwara Layout turned into the scene of a sneaky garlic heist, where a sly thief targeted the Banashankari Provision Store in Channapatna. Captured in action on CCTV, the garlic bandit made off with a hefty 50 kg sack of the prised bulbs. With garlic prices sizzling between ₹360 and ₹400 per kilo, the thief's motive is as clear as the aroma of freshly peeled cloves. The godown owned by Nanjundi became the unfortunate target of this pungent crime. With the sack slung over his shoulder, the crafty culprit vanished into the night, leaving everyone asking: "Who knew garlic could be this tempting?"

Letter politics

Karnataka Governor Thaawar Chand Gehlot has written to Chief Minister Siddaramaiah regarding the alleged police harassment of MLC CT Ravi. This comes hot on the heels of a cordial New Year's meeting at the Raj Bhavan on Wednesday, where the CM, along with MLC Govindaraju and Chief Secretary Shalini Rajneesh, exchanged pleasantries with the Governor. The Governor's letter stems from an incident on the final day of the Belagavi Suvarna Soudha session. Allegations have surfaced that police subjected Ravi to a harrowing ordeal, allegedly driving him across dangerous and remote areas like Khanapur, Kittur, Lokapur, and Sankeshwar for 400 kilometres through the night. Ravi claims he was physically injured, mentally harassed, and denied any recourse despite filing complaints with the Khanapur police station and the Belagavi SP (Superintendent of Police). The letter explicitly calls on the CM to take "immediate and appropriate action" against the accused police officials. Furthermore, Ravi has requested enhanced security, citing threats to his life.

Dinner diplomacy

For a while, the buzz around "dinner diplomacy" took centre stage in Karnataka politics, especially in the absence of Deputy Chief Minister, DK Shivakumar, who was vacationing in Turkey. On his return, reporters grilled him about the controversy. He said, "Dinner meets are as common in politics as coffee breaks in an office. I host them all the time. No need to stir the political pot over it. I was abroad with my family—something I hadn't done in 4-5 years. Besides, plenty of ministers were out of town too. The ones in Bengaluru attended the dinner meeting. There's nothing unusual or scandalous about it."

-Sridhar Vivan

Sankranti health checkup program

The JP Nagar Cultural Association and Apollo Specialty Hospital, Jayanagar organised a health checkup program for the association's members free of cost on the occasion of Sankranti. The Apollo Health Mela 2025 provided a comprehensive health checkup package along with the Apollo Life Time Membership Card as a New Year gift for members and their dependents. The guests at the event included Ramalinga Reddy (Transport and Muzrai Minister), film actor Kishore Kumar G, UB Venkatesh (MLC), R Manjunath, Managing Director of Fabricana Group of Industries, Dr Govindaiah Yatheesh, Chief Operating Officer of Apollo Specialty Hospital Jayanagar, Dr Venkatesh AN, Regional Director of Karnataka Region Emergency Department, M Sridhar, Secretary, and Professor Muthe Gowda, President of the JP Nagar Cultural Association.

Investment scam, 7 held

The Halasuru Gate Police have arrested seven individuals, for duping a city-based businessman of ₹2 crore. The gang, operating from an office in Cubbonpet, posed as representatives of a Malaysia-based firm to lure the victim, a resident of Sunkadakatte, into handing over cash as an "investment."

The victim was convinced to invest, with assurances of receiving ₹3.5 crore via RTGS/NEFT within 24 hours. After handing over the cash, the accused absconded. Realising he had been duped, the victim filed a police complaint on December 11.

The police nabbed three suspects near Majestic Bus Stand. Based on their interrogation, four more were arrested.

Karnataka kayakers gear up with lighter boats

Players gear up for National Games with lighter, international-standard boats, ensuring better performance and smoother transition; new equipment provides competitive edge

Iffath Fathima
iffath.fathima@timesofindia.com
TWEETS @BangaloreMirror

The Karnataka Kayaking and Canoeing Association has welcomed a significant development as the state's players prepare for the 38th National Games in Uttarakhand, scheduled from January 28 to February 14. With the recent allocation of the Chief Minister's Fund and Karnataka Olympic Association, the association has procured international-standard boats, promising to enhance the performance of its athletes.

For years, Karnataka's athletes have struggled to compete with counterparts from other states due to the limitations of Indian-manufactured boats. "The Indian boats, weighing up to 15 kilograms, are significantly heavier than their international counterparts, which weigh only 12 kilograms. The heavier weight of Indian boats impacts speed and manoeuvrability, putting players at a disadvantage. Moreover, Indian boats, typically made from fibre, lack durability and strength, making them prone to damage during intense practice sessions," said Dilip Kumar, Secretary of the Karnataka Kayaking and Canoeing Association.

The newly procured foreign boats, made with advanced materials like Kevlar, are not only lighter but also more robust, providing players with better control and stability. "The players were having difficulty with Indian boats. In the national competitions foreign boats would be given to the player and to adapt it would get difficult for them. Although some have even won medals, having these boats now would help them practice and perfect their skills. With these international-standard boats, they are better equipped to compete. We are confident they will perform well after training with them," said Kumar.

(File photo) "The heavier weight of Indian boats impacts speed & manoeuvrability"

The association has a rich history of nurturing talent, with players practising kayaking and canoeing at Ulsoor Lake since 1994 and YMCA Lake since 2015. These venues have produced several national champions. However, players often face challenges when transitioning from Indian boats during training to foreign boats during competitions, which require a different skill set and adaptability.

The new boats will ensure smoother transitions and provide players with consistent exposure to international standards. "Athletes, especially boys and girls training at YMCA Lake, found it difficult to adapt to foreign boats during competitions. This step will eliminate that barrier and help them focus on their performance," said Kumar.

The initiative is expected to significantly improve Karnataka's medal tally. A total of 26 players from the state have qualified for the upcoming National Games. With rigorous practice on these advanced boats, the association is optimistic about their chances.

"This investment is a step towards levelling the playing field and empowering Karnataka's athletes to excel on national and international platforms. The upgraded equipment boosts confidence and also provides a competitive edge, setting the stage for better performances and more laurels for the state," added Kumar.

HEALTH TIP: 15 minutes of meditation every morning before work and every night after work can help you refocus your thoughts

Practising deep breathing such as belly breathing for 7-15 minutes a day can combat stress

BangaloreMirror | 7
Monday, January 13, 2025
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

Punch in the gut

Fibre may help protect your gut from overgrowth of harmful bugs: Study

Our body is not just human — it's home to trillions of microorganisms found in or on us.

In fact, there are more microbes in our gut than there are stars in the Milky Way.

These microbes are essential for human health, but scientists are still figuring out exactly what they do and how they help.

In a new study, published in Nature Microbiology, my colleagues and I explored how certain gut bacteria can protect us from harmful ones – a group known as Enterobacteriaceae. These bacteria include species such as Escherichia coli (E coli).

This is normally harmless in small amounts but can cause infections and other health problems if it grows too much.

We found that our gut environment — shaped by things like diet — plays a big role in keeping potentially harmful bacteria in check.

To reach this conclusion, we analysed over 12,000 stool samples from people in 45 countries. Using DNA sequencing technologies, we were able to identify and quantify the microbes detected in each sample. We found that the gut microbiome composition of people with Enterobacteriaceae was fundamentally different from those without.

By analysing these microbes and their genes, we could accurately predict (about 80 per cent of the time) whether someone had Enterobacteriaceae in their gut. This showed us that the types of bacteria in our gut are closely tied to whether harmful species can take over.

Digging further we discovered two groups of bacteria: those that thrived alongside Enterobacteriaceae (so-called "co-colonisers") and those that were rarely found together ("co-excluders").

One type of co-excluder bacteria, called Faecalibacterium, stood out as particularly important. It produces chemicals called short-chain fatty acids by breaking down a variety of fibres in our diet. This in turn can stop harmful bacteria like Enterobacteriaceae from growing.

The presence of these fatty acids was one of the strongest signals we observed between co-excluders and co-colonisers. They have also been previously implicated in a wide range of health benefits, such as reduced inflammation and improved gut function.

Another intriguing observation from our study was that co-colonisers (bacteria that live alongside Enterobacteriaceae) were more adaptable. They had diverse abilities to break down different nutrients and were able to survive in environments that also suit Enterobacteriaceae.

This was especially surprising as previous studies in mice have argued that bacteria that eat the same types of foods and nutrients would have a hard time living together in the gut.

This again pointed to the fact that the gut environmental conditions (nutrients, pH, oxygen level) are the main factors that determine whether a person is going to be colonised or not by Enterobacteriaceae in their gut.

More effective than probiotics

Our findings could lead to new ways to prevent and treat infections without antibiotics. For example, instead of killing harmful bacteria directly (which can also harm good bacteria), we could boost the co-excluders or create diets that support their growth.

This strategy may be more effective than taking probiotics directly, as new bacteria added to the intestinal tract have been previously shown to only live for a limited period in the gut. We could also target specific pathways that harmful bacteria use to survive, making them less of a threat.

While our research provides new and important insights, there's still a lot to learn. Many regions, including parts of South America and Africa, are under-represented in microbiome studies. This limits our understanding of how gut bacteria vary across different populations.

Also, while our study highlights important patterns and interactions, we don't yet fully understand the causes and mechanisms behind these relationships.

Future research will integrate additional tools, such as metabolomics (studying chemicals microbes produce) and transcriptomics (studying how genes are activated), to create a clearer picture of how the gut ecosystem works for our health benefit.

In addition, the next steps should focus on designing studies to test whether specific types of diets (for instance, high fibre v low fibre) affect the incidence of potentially harmful bacteria and other diseases in the long term.

By better understanding how microbes interact and communicate in our gut, we can develop more precise, non-antibiotic therapies to protect against infections in the future. '

(By Alexandre Almeida, Principal Investigator, University of Cambridge, The Conversation)

MIRRORLIGHTS

Study links reel addiction with high BP in young, middle-aged people

Even as watching short videos or reels on social media platforms has become an integral part of the daily lives of young and middle-aged people, a new study shows that addiction to this can lead to high blood pressure.

The study, conducted by researchers The First Hospital of Hebei Medical University in China, aimed to explore the correlation between the screen time spent watching short videos at bedtime and essential hypertension among young and middle-aged people.

The team analysed data of 4,318 young and middle-aged people who self-reported screen time spent watching short videos at bedtime and also underwent medical examinations between January 2023 and September 2023.

They found that longer screen time spent watching short videos at bedtime was associated with a higher hypertension prevalence.

"The screen time spent watching short videos at bedtime was significantly associated with essential hypertension in young and middle-aged people," said the team, in the paper published in the journal BMC Public Health.

The researchers called for "strict control of screen time spent watching short videos at bedtime". In addition, they also urged "control of body weight, blood lipids, blood glucose, and uric acid levels, and improvement of poor lifestyle, such as a high-sodium diet," which can help reduce the risk of hypertension.

Previous studies have showed that prolonged mobile phone use, that is 30 minutes or more a week can increase risk of high blood pressure or hypertension.

The study, published in European Heart Journal – Digital Health, a journal of the European Society of Cardiology (ESC), indicates that low levels of radiofrequency energy emitted from mobile phones has been linked with an increase in blood pressure.

A whopping 1.3 billion adults aged 30 to 79 years worldwide have high blood pressure, according to the World Health Organization. It is a major risk factor for heart attack and stroke, as well as a leading cause of premature death.

—IANS

All you need to know about...

Late pregnancy

Risks
Chromosomal abnormalities: One important consideration for older mothers is the increased chance of chromosomal abnormalities like Down syndrome. As individuals age, the quality of their eggs decreases, which can result in a greater chance of genetic disorders in their children.

Gestational diabetes and hypertension: Mothers who are older are at a higher risk of developing gestational diabetes and hypertension during pregnancy. If left untreated, these conditions can result in serious health risks for both the mother and the baby.

Miscarriage and stillbirth
Being older during pregnancy increases the chances of experiencing a miscarriage or stillbirth. As women get older, the risk of pregnancy loss also goes up, underscoring the significance of prompt prenatal care and monitoring for older mothers.

Complications
There are certain issues the women tend to undergo such as preterm birth, placental abnormalities, and preeclampsia and increased incidence of caesarean deliveries. These issues can have a significant impact on the health of both the mother and the baby, necessitating careful medical monitoring.

Precautions
It's important for older mothers to speak with a healthcare provider before getting pregnant to evaluate their personal health risks and talk about possible pregnancy complications.
Prior to trying to get pregnant, older mothers should concentrate on enhancing their health. It's important to focus on maintaining a healthy weight, following a balanced diet with essential nutrients, and steering clear of harmful substances like alcohol and tobacco.
Some mothers may choose to undergo prenatal genetic testing, like amniocentesis or chorionic villus sampling (CVS).

—Femina

Deduct mediclaim amount from total compensation, HC clarifies

| Rachana Ramesh
c-rachana.ramesh@timesofindia.com
TWEETS @BangaloreMIRROR

The High Court has determined that compensation received through mediclaim policies must be subtracted from the total compensation awarded for medical and hospitalisation expenses under the Motor Vehicles Act.

Whilst adjudicating a case, Justice Hanchate Sanjeevkumar instructed the insurance company to provide Rs 4,93,839 with 6 per cent annual interest to S Hanumanthappa's family, after subtracting Rs 1.8 lakh received from the Mediclaim policy.

S Hanumanthappa, who resided in Marathahalli, Bengaluru, suffered an accident on December 10, 2008. He and his wife sustained serious fractures when an autorickshaw collided with their motorcycle whilst returning to Seva Mandir village from Lepakshi.

Following the case registration by Hindupur rural police, Hanumanthappa sought compensation at the Motor Accident Claims Tribunal, Bengaluru. The tribunal granted Rs 6,73,839 compensation on March 22, 2013, including Rs 5,24,639 for medical expenses.

The insurer contested this decision, arguing that the medical expenses compensation was incorrect as the claimant had already received reimbursement through the Mediclaim policy. The court referenced the Manish Gupta case precedent from Karnataka High Court, which established that medical expense reimbursements received through insurance could be deducted from compensation awarded under the MV Act.

The court stated, "Therefore, in the present case, the amount received by the claimant under the Mediclaim insurance policy is liable to be deducted from the medical expenses, while determining the compensation under the said head. The appellant (insurance company) has produced additional evidence that the claimant has received Mediclaim reimbursement amount of Rs 1.8 lakh from TTK Healthcare TPA Private Limited... "

Conduct fresh Kannada exam, KPCL told

The High Court has instructed KPCL to conduct a fresh Kannada language examination for assistant engineer and junior engineer positions, following the technical and language assessments held in February 2024, based on the recruitment notice issued in August 2017.

The court declared KPCL's decision to introduce minimum qualifying marks for the Kannada test after the examination's completion as unlawful. Justice Sachin Shankar Magadum issued this ruling whilst accepting a petition from Geetha Chavan, who sought positions as JE (mechanical) and AE (mechanical).

The court stated, "The KPCL's act of introducing minimum qualifying marks for the Kannada language test after the examination was concluded is unsupported by any explicit rule or provision and is, therefore, procedurally improper."

Your Connect

real estate

BANGALORE PROPERTIES

HORAMAVU

KALKERE- Nr pooja Garden, Brand new 3 Flrs, Land 1225 Sft Built-up 3400 Sft, G,F,S-2BHK, Borewell, C/Park, Clear title Rs 1.9 Cr. Call Vijay: 98443-37944

JAKKASANDARA

FOR SALE - 3 Acres 16 Gunts Land at Harohalli Industrial Area 3rd Phase, 3 Warehouse already Built-up & its fully occupied, 10L/ Month exsiccating Rent, Call: 9019851332, 8951239211

MALLESHWARAM

LUXURY 3&4-BHK
Built Up Area 3213Sft Servant Qrts, Gym, 2 Car Park, Multi Purpose Hall Opp Vidya Mandir, 6th Main, Call: 9986620202

FOR SALE

BANGALORE

NORTH BANGALORE
PREMIU APARTMENTS AND VILLAS FOR BUYING AND SELLING
Contact On +91-9901000803

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

OUTSIDE BANGALORE

MYSORE

SITES @MYSORE Fully Completed Layout. Pay Rs.4.50 Lakhs, Buy 30x40 site, balance HDFC Bank loan,Dtcp,Akhata,RERA layout facing state Highway.Near HD Kote Road, 15 Min: Palace/ Railway Station. GSS: 9845287802

business

INVESTMENT

INVESTMENT Rs.25L, Earn Rs.187500/- QTL, RIO 7.5%Q, Security Provides, World Trade Centre, only interested clients Ph.7795325045.

STOCKS & SHARES

BOOST YOUR WEALTH Multiply Your Savings Easily with our EXPERT TRADING SERVICES. 100% LEGAL. Call now to start: 6364627156

personal

CHANGE OF NAME

I Poornima Pruthvi Shankar W/O, Shankar Devegowda R/o B-1104 Tower 7 Maple Godrej Woodsman Estate New, Airport Rd Opp Aster Hospital, Bengaluru - 560024 have changed my name to Poornima Pruthvi Becshe Nagappagowda Puttaiahgowda.

I, Nayeemulla Shariff S/o Jaffer Sharief, No 07 Eswari Encalve APT 8th A Cross, Sultanpalya Main Road, Bengaluru 560032 Changed my name as Nazimulla Shariff. Also my father's name has been changed from Jaffer Sharief To Dawood Shariff

I Mudium Kuppu Madhusudan Rao S/O, Mudium Kuppu Rao R/o J-1004 Brigade Gateway 26/1 Dr Rajkumar Road, Behind Orion Mall Malleshwaram, Bengaluru - 560055 have changed my name to Madhu Rao.

I, Sree Devi Appana Naga Ratna W/o Divakar Vijjapu R/o 26, 12th Main, Muthyala Nagar,Bangalore have changed my name to Naga Ratna Sridevi Vijjapu for all purposes

GALLERIA

Congratulations!

Ms. Archana S (W/o Mr. Sandeep Jogdande) On receiving Honorary Doctorate in the category of Administration, organized by Global Human Peace University's Convocation on Friday - 10th January 2025 at Chennai.

Nirmala Travels® Presents

Ph: 0824 2497051/54, 9663518877/28877, 9686687771/3/4
visit us @ www.nirmalatravels.com

TRICHY RAMESHWARAM KANYAKUMARI 5/7*/10** DAYS
Jan: 16, 16**, 18, 19*, 21, 23, 26*, 26** Feb: 1, 2*, 6, 9* 11, 16, 16*, 21, 23*

KERALA SPECIAL/NAVAGRAHA* 7/4* DAYS
Jan: 19, 20*, 26, 27* Feb: 2, 3*, 9, 10*, 16, 17*, 24

SHIRDI NASIK*/PANCHA JYOTHIRLINGA 7 DAYS
Jan: 19*, 20, 26*, 27 Feb: 2*, 3, 9*, 10, 16*, 17, 23*, 24

ANDHRA PRADESH/HYDERABAD* 10/6* DAYS
Jan: 21, 26* Feb: 1, 2* 9* 11, 16*, 21, 23.

GOA SPECIAL 5* DAYS Jan: 26, Feb: 2

SOUTH INDIA 11 DAYS EX: HUBLI Jan: 15, 26

Caring touch for most vulnerable

CONTINUED FROM PAGE 1

forward in addressing mental health and homelessness in the state. The centre at Sir CV Raman General Hospital provides emergency psychiatric services, rehabilitation, social care and support to 12 men and 12 women who need shelter and psychiatric care.

Psychiatrist Dr Kishore Kumar told BM that some of the inmates are on the path of recovery. "We treated Rajappa who came to Bengaluru from Bidar. Rajappa was suffering with schizophrenia when he was brought to Manovruksha last week. Now, he has recovered. We are contacting his brother to take him home.

Lunch is being served to the inmates of Manovruksha

Some organisations refer mentally ill and abandoned people to Manovruksha. We have an ambulance. We also go on city rounds and bring mentally ill people to this centre," said Dr Kumar.

Rajappa told BM that he used to be very afraid before coming to Manovruksha. "Counseling has helped me a lot. Doctors and nurses are good," said Rajappa.

Manovruksha has six health care workers and five nurses who have been working in three shifts.

"We give baths to people who are brought here. We observe their behaviour and make arrangements here based on that. We get them involved in some activities including drawing," said Mary, a health care worker, adding that Manovruksha can accommodate two or three more people by using the vacant space.

Mohammed Asif, a nurse, who joined duty one month ago, said, "I am happy to work here."

Risky rides to school

CONTINUED FROM PAGE 1

specifically ban these kinds of situations in an effort to prevent road accidents, just a week ago, a tragic road accident claimed the life of a 10-year-old boy near Hagadur Main Road. The incident occurred when the boy was traveling with his father on a scooter en route to school.

The father attempted to overtake a water tanker but accidentally collided with a mini-truck ahead. Tragically, the rear wheel of the water tanker ran over the boy, killing him on the spot.

According to the Motor Vehicles Act of 1988, children under the age of 12 are not permitted to ride as pillion passengers on two-wheelers in India. The Motor Vehicles (Amendment) Act of 2019 introduced additional safety measures for children under four years old traveling on motorcycles. It mandates that such children must wear a safety harness and a crash helmet appropriately sized to fit their head.

The Deputy Commissioner of Police North Division (traffic) Siri Gowri DR, says that individuals engaging in triple riding are clearly violating traffic regulations and are being penalised for such offences. According to the traffic officials, this practice is primarily driven by convenience rather than economic or social factors, as parents find it easier to transport their children to school on a two-wheeler.

However, Siri Gowri expressed concern over the lack of basic safety measures observed by these parents. Many fail to ensure their children wear helmets, which is a critical safety requirement.

Additionally, parents are expected to use special safety belts for children riding on two-wheelers, but compliance with this rule remains rare. This negligence compounds the risk, placing young riders in a highly vulnerable position on the roads.

The sight of young children perched precariously on scooters, clutching their school bags tightly, is way too common. Some children sit in front of the rider, holding on to the handlebars, while others are sandwiched between two adults, their visibility and movement restricted. Parents, often in a rush to beat traffic or reach work on time, may not realise the potential consequences of such a practice.

The DCP said that they continuously conduct awareness campaigns and directly educate children about the traffic rules that must be followed.

"However, for parents, the "need" to ensure their children reach school on time often takes precedence. This sense of responsibility, while important, tends to foster a complacent attitude where safety rules are overlooked or taken for granted."

In the past, public transport was a common and dependable option for commuting to school in India, but that reliability has diminished over time.

"While alternatives like school buses and vans exist, many parents still take on the responsibility of dropping and picking up their children.

This highlights the failure to provide adequate public transport options, both for school commutes and as a primary mode of daily transportation. Reliable, affordable, and efficient public transport could reduce parents' reliance on private options, freeing up their time and resources to focus on more productive activities, ultimately improving their socioeconomic well-being," said Shreya Gadepalli, Founder of Urban Workers.

Gadepalli added that many parents opt for triple rides to avoid the additional expense of a school van or taxi service. While they acknowledge the dangers, one will claim it's a compromise between convenience and affordability.

For many, the problem is not just economic. A lack of adequate public transportation and congestion on narrow streets around schools leave parents feeling they have little choice.

"Education alone cannot address the issue, as the economic realities on the ground are starkly different. Parents may know the rules, but if all they have is a scooter and two children to transport, they are left with no choice but to resort to unsafe practices. Awareness campaigns are ineffective without practical alternatives," she said.

 # Criminal case against actor Venkatesh
Hyderabad police have registered a criminal case against film actor Venkatesh and his family members in connection with the demolition of the Deccan Kitchen Hotel in Film Nagar

BangaloreMirror | 9
Monday, January 13, 2025
mybangaloremirror@timesgroup.com
@BangaloreMirror
Entertainment Industry Promotion

GIVE SOME SPACE!

Sonakshi snaps at paps surrounding her

Bollywood star Sonakshi Sinha recently found herself in a tense moment with paparazzi after being persistently followed at a Mumbai event. The actress who is always known for handling the spotlight with grace was visibly frustrated when photographers continued snapping pictures despite her clear discomfort.

In a viral video doing rounds on social media, Sonakshi was seen conversing with a friend while dressed in an eye-catching black sequined jacket, a strapless top, and loose-fitting pants. However, her irritation grew as the photographers encircled her, prompting her to fold her hands in exasperation, requesting them to stop. Unable to hold back her frustration, she firmly said, "Enough is enough," asking them to step aside. The clip quickly went viral across social media platforms.

While Sonakshi may have been annoyed at the moment, her social media tells a completely different story. The actress has been treating her fans to stunning vacation snapshots with her husband, Zaheer Iqbal. The couple recently celebrated their second engagement anniversary in Australia with a thrilling skydiving adventure. On December 30, Sonakshi shared an unforgettable video of the pair freefalling through the sky, even playing rockpaper-scissors mid-air.

"Two years ago, on 30th December 2022, we got engaged, fast forward to now, we decided to mark the occasion by leaping out of a plane! What a way to bid farewell to an incredible 2024. Here's to an even better 2025! Happy New Year, everyone make it unforgettable!" she wrote in her Instagram post.

On the professional front, Sonakshi was last seen in the horror-comedy 'Kakuda' alongside Riteish Deshmukh and Saqib Saleem. Next, she is set to star in the intriguing thriller Nikita Roy and 'The Book of Darkness,' featuring veteran actor Paresh Rawal and Suhail Nayyar in key roles. —ETimes

Evolution of a diva

Oscar-winning star Angelia Jolie has talked about how she's evolved during the course of her career, which spans over four decades.

Jolie essays the role of an opera singer Maria Callas in the biographical drama titled 'Maria' and she has explained how she now relates to her on-screen character.

She told Sky News: "There's this kind of study of being human that we do when we create, and we communicate with an audience because our work is not in isolation - it's a connection.

"I think when I was younger, I had different questions about being human and different feelings and now as I've gotten older, I understand some things and now I have different questions."

'Maria' follows the opera singer in the final days before her death, in 1977, as she reflects on her life. Jolie feels she can really relate to her character because of everything she's been through in her own life, reports femalefirst.co.uk.

She said: "It's a matter of life, right? And so maybe that's interesting that this now is a character really contemplating death and really contemplating the toll of certain things in life that I, of course, couldn't have understood in my 20s."

Last year, Jolie said that she's embraced being an "older woman". The actress shared how some particular aspects of 'Maria' chimed with her own reality.

Speaking to IndieWire, Jolie said: "I'm 49. I do feel like an older woman now and I embrace that.

"When I was younger, there were certain pieces of music and certain sounds that matched what I was feeling: I was falling in love, or I was curious about this, or whatever I was going through. There is nothing that meets what you're feeling like opera..." —IANS

Sonali's weekend

Bollywood actress Sonali Bendre's "weekend state of mind" is all about wearing beautiful outfits and looking gorgeous.

Sonali took to her Instagram, where she shared a string of images of herself. In the pictures the actress is seen wearing a satin ivory hued co-ord set with colourful flora and fauna prints. She paired the outfit with red stilettos and earrings.

For the caption, she wrote: "Weekend state of mind." Earlier this month on January 8, Sonali actress took to Instagram and shared a montage of how she welcomed 2025 and her 51st birthday with her family and loved ones.

Sonali's post included her pictures with her husband Goldie Behl, and son Ranveer Behl. The post also included the caption, "Started the year with love, laughter, and LOTS of cake... Grateful for these moments. Let's go, 2025!"

Sonali and Goldie tied the knot in a lavish ceremony on November 12. Their wedding was a grand affair, attended by high-profile guests, including Mumbai's then-Chief Minister, Vilasrao Deshmukh. The couple also have a son named Ranveer together.

Sonali made her acting debut with Aag in 1994. She was then seen in films such as "Diljale", "Major Saab", "Sarfarosh", "Hum Saath Saath Hain", "Humara Dil Aapke Paas Hain", "Kadhalar Dhinam" and "Murari" among many others.

She was last seen in the film "Love You Hamesha" starring Akshaye Khanna. —IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Song with no meaning

The second song of Manada Kadalu was released at a farm house near Nelamangala. The song – Thurraa – written by director Yogaraj Bhat is sung by music director V Harikrishna, Sanjit Hegde, and Prarthana.

Manadu Kadalu is the second movie for the combination of Yogaraj Bhat and E Krishnappa, who are known for their film Mungaru Male released over 18 years ago. Manada Kadalu released one song, Hoo Dumbiya Katheya earlier.

On the occasion, Bhat spoke about Aleema, a mentally challenged person, in his hometown. "Aleema used to use the word Thurraa, which became an inspiration for me to write this lyric. Some meaningful songs were successful in my combination with V Harikrishna. A few meaningless songs also became hits, which is the category Thurraa belongs to. Manada Kadalu's shooting began at this farm house and it concluded here too," said Bhat.

Trailer is out

The movie Kora is scheduled to arrive in theaters on February 7. The Kannada version of its trailer was released by Maharshi Anand Guruji and Halanahalli Guruji while directors R Chandru and Bahaddur Chetan Kumar released its Tamil version. Karnataka Film Chamber of Commerce president Narasimhalu, Kannada Film Producers' Association president Umesh Banakar, actor Cockroach Sudhi, Orata Prashanth, producer Sanjay Gowda, and Tukali Santosh were present on the occasion.

P Murthy has bankrolled Kora under the Rathnamma Movies banner and plays a key character in the movie. Orata Sri has helmed the movie. Tsunami Kitty of Bigg Boss fame plays the lead.

On the occasion, producer P Murthy said the shooting of Kora began with the blessings of Koragajja. "Kora is about tribal people and their customs. A big chunk of the film was shot in a forest near Sakaleshpur, Sringeri, Udupi and Mangaluru. The script written by director Orata Sree is very interesting. I play the villain. We plan to release this movie in Kannada, Tamil, and Telugu on February 7," said Murthy.

Orata Sri thanked the producer and the team. "The movie is based on incidents that took place four decades ago," he said.

Chai-Time

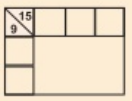
SOLVE IT IN A MINUTE

$=\sqrt{\{160+\sqrt{[86-\sqrt{(4+\sqrt{441})}]}\}}=?$

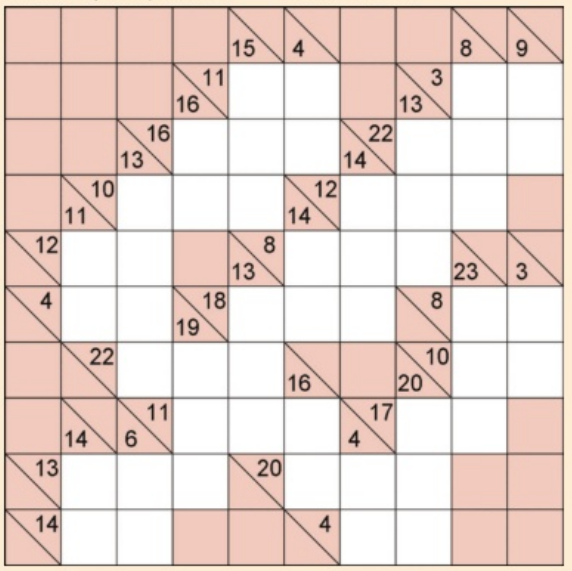
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

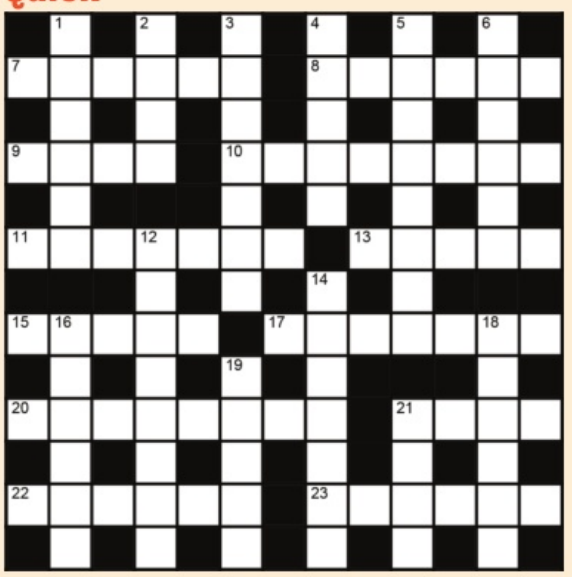
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Bahamas capital (6)
8 Jail (6)
9 Mrs. Bachchan (4)
10 Cellphone accessories (8)
11 Kept goods for sale (7)
13 Merchandise (5)
15 Holiday spot in Karnataka (5)
17 Slacken gradually (4,3)
20 Collaboration (8)
21 Ship's prison (4)
22 Dog's house (6)
23 Nothing, zero (6)

DOWN

1 Dark igneous rock (6)
2 Largest continent (4)
3 Has one's afternoon meal (7)
4 Talk (5)
5 One of a pair used for wearing on hand for proverbial careful handling (3,5)
6 Decanted (6)
12 Rite (8)
14 Classifying (7)
16 First to bat (6)
18 Set of stairs (6)
19 Foolishness (5)
21 Contest or match (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS G

JMVJ'H JMU JMGKB VYQOJ KUUPH. HQCUJGCUH, RMUK LQO BUJ JMUC CUJ, LQO PQK'J KUUP JMUC VKLCQZU.

Linemaro

When I look into your eyes, it is like a gateway into the world of which I want to be a part

Mindchow

It is not the criminal things that are hardest to confess, but the ridiculous and the shameful

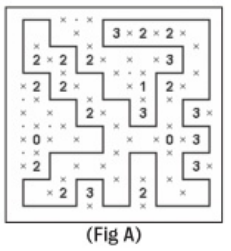
Joke of the day

I surveyed 100 women and asked them what shampoo they used while showering. 99 of them said, 'How did you get in here'

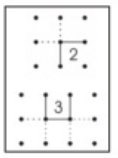
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

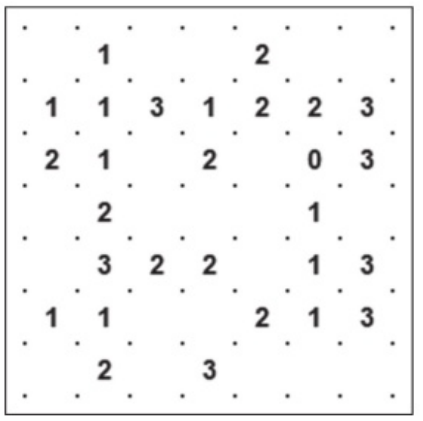


(Fig B) Not Allowed

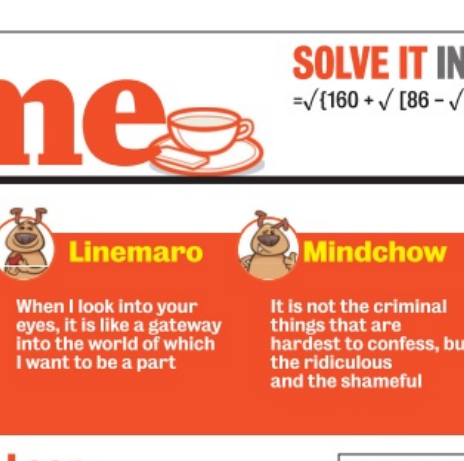
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 W	2	3	4	5
6				
7				
8				
9				

ACROSS

1 Swarm; 6 Ailed; 7 Relit; 8 As EEC; 9 Tough

DOWN

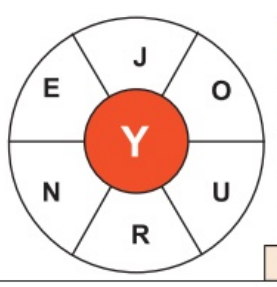
1 Cowl I; 2 A due I; 3 Grate; 4 Harms; 5 Leets

Mensapuzzle

Which number replaces the question mark and completes the puzzle?

4	3	7
6	4	2
9	?	3

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

		7				9		
8			1		4		5	
	4			2			7	
		5			3		8	7
3								9
1	8		6			2		
	3			1			2	
	2		4		8			3
		9				7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 11

2 4 4 9

Medium = 9

1 4 5 9

Hard = 8

2 5 5 3

Hocusfocus

Find at least six differences in details between panels.

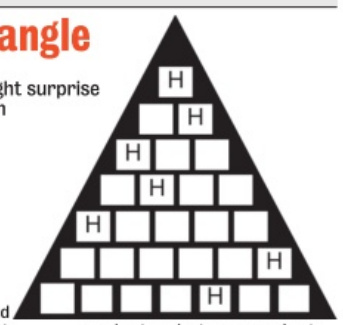
Differences: 1. Hand is moved. 2. Collar is missing. 3. Bricks are lower. 4. Bush is missing. 5. Window is lower. 6. Man's nose is different.

Riddler

The following are anagrams of countries. Can you decipher all of them? 1. Glib Emu 2. Neat Grain 3. Age Lens 4. Dark Men 5. Serial

Alpha triangle

1 Atomic number 1
2 Expression of slight surprise
3 Feminine pronoun
4 Mother of Zeus
5 Vital organ
6 Respiration
7 Foolish talk



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

AS A BANKER, MY PATER ACCUMULATED GREAT WEALTH FOR MY FUTURE SECURITY!
YA IS A LUCKY LI'L GIRL!
SOB!
ALAS, NO! HE FELT I NEEDED MORE!
SOB!
HE WANTED TO CUT OUT THE MIDDLEMAN, SO HE WENT WEST TO FIND HIS OWN GOLD!
BLOW ME DOWN!
SOB!
WOE!
4-17

Bizarrotrip

You look beat. I thought you took a nap.
My phone was buzzing. I only got 20 winks.
Wayno & Piraro 10-8-24
Dist. by King Features
BIZARRO.COM
©2024 BIZARRO STUDIOS

Diamond Lil

Hart of the city

MOVE! MOVE! I NEED TO SEE THE RESULTS!!
GROUP SONGS
"BE OUR GUEST" ("BEAUTY AND THE BEAST")
"HAWAIIAN ROLLER COASTER RIDE" ("LILO & STITCH")
"WE DON'T TALK ABOUT BRUNO" ("ENCANTO")
DUET HEART + DANA
"WHEN YOU BELIEVE" ("PRINCE OF EGYPT")
SOLO TOBY
"I CAN GO THE DISTANCE" ("HERCULES")
WE GOT THE DUET!!
HEART OF THE CITY © 2024 ANDREWS MCMEEL
@GOCOMICS.COM/HEARTOFTHECITY
10/8

Crankshaft

WE DON'T WANT TO HEAR ANY MORE TALK ABOUT THAT BOOK!
YEAH, WE JUST WANT IT GONE FROM YOUR STORE!
IT WOULD APPEAR THAT I HAVE SOME SUPPORTERS OF MY OWN!
NO BOOK BANS
WORDS HAVE POWER
CENSORSHIP
BAN BOOKS
FREE PEOPLE
READ FREELY
BATIUK & DAVIS
10-8

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You may feel cheerful today, blessed by positive planetary alignments. A surge of energy may encourage you to excel but could also spark rivalry with those around you. Consider dedicating your time to intellectual pursuits and learning.

Taurus Apr 21 – May 20
The day might start on a dull note, but as the evening approaches, you'll manage to counteract negativity. New connections could emerge at work, and with their support, you may revise your business strategies. Be cautious and thoroughly review documents before signing them.

Gemini May 21 – Jun 21
With blessings on your side, you'll overcome doubts and uncertainties. Children's health appears stable, and supportive colleagues will help you achieve project success. You might see financial benefits, possibly through a salary increment. Those in fields like milk, water resources, grains, art, or culture will find favourable opportunities.

Cancer Jun 22 – July 23
Today, domestic matters will demand your attention. Your interest in art, movies, and fashion might boost your creativity. Spending on household items and artefacts may enhance your social standing. You'll display politeness in your interactions and may plan outings with family or friends.

Leo Jul 24 – Aug 23
Your tendency to overspend today could strain your savings. Exercise caution on both the professional and domestic fronts. Avoid lending money and defer major decisions on real estate or property matters. Take responsibility seriously to maintain balance in your commitments.

Virgo Aug 24 – Sep 23
You'll feel more optimistic and confident today, supported by inner vitality and a good night's rest. However, avoid carelessness when making financial or professional decisions. Romantic moments with your spouse may brighten the day but manage self-esteem issues with patience to maintain harmony.

Libra Sep 24 – Oct 22
Your strong network may help you implement business plans effectively. With wisdom, you're likely to achieve profits. Domestic life will remain harmonious, and mutual understanding with your spouse will improve. Those in industries like metal and booking services will perform well today.

Scorpio Oct 23 – Nov 22
Today, you may feel focused on work. To make sound decisions in busi- ness or investments, rely on intuition rather than emotional impulses. While the workload might be heavy, blessings from elders will help you navigate challenges and confusion.

Sagittarius Nov 23 – Dec 22
Peace of mind early in the day will reflect positively on your work. Destiny may support you in accomplishing pending tasks and goals. Maintaining patience in domestic matters will ensure harmony. Be cautious of minor skin or stomach issues that might arise.

Capricorn Dec 23 – Jan 20
Negative thoughts could dampen your spirits today, making you feel lethargic. Impatience and arrogance may hinder decision-making. Seek the blessings of elders to gain clarity and progress at work. Avoid investments in unproductive assets, and lovebirds should refrain from revisiting past conflicts.

Aquarius Jan 21 – Feb 19
You'll excel at work today, possibly earning new responsibilities or a promotion. Disputes with partners are likely to resolve, and you might consider taking loans to build assets. Your child's health is improving, and you may invest in their future.

Pisces Feb 20 – Mar 20
Blessings from the moon will bring positivity today. Romance is in the air, and singles may find a suitable partner. Professionally, you'll perform well, supported by friends and coworkers. Investments in gems and jewellery may yield fruitful returns. However, pay extra attention to the health of elders in the family.

KIDZONE

Miraya Kapai, 9 years, Inventure Academy

Kaveri Sriram, 10 years, Valistus International School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=√{160+√{ 86−√(4+21)}}
=√{ 160 + √{ 86 − 5 }}
=√{ 160 + √{ 81}}
=√{ 160 + 9 }
=√{ 169 }
= 13

RIDDLER
1. Belgium,
2. Argentina,
3. Senegal,
4. Denmark &
5. Israel

BULL'S EYE
enjoy, JOURNEY, jury, yore, your

FAST FIVE

W	A	R	M	S
I	D	E	A	L
C	E	A	S	E
L	I	T	R	E
O	U	G	H	T

STRIKE OUT

H	O	A	D	■	A	T	A	L	A	N	T	A
S	■	■	■	■	■	■	■	■	■	■	■	■
I	B	I	D	■	E	E	R	I	N	E	S	S
F	■	R	A	I	■	D	■	G	■	D	■	T
A	S	A	M	H	O	L	E	■	C	O	D	A
O	P	S	■	L	■	O	■	D	■	E	■	■
S	T	E	E	N	■	P	E	R	E	Z	■	■
■	A	■	D	■	S	■	M	■	L	O	S	■
T	R	E	E	■	O	F	■	F	A	N	D	O	N
A	■	N	■	E	■	F	■	N	A	E	■	E
■	S	I	■	■	N	■	E	■	D	■	U	■
N	A	S	S	A	U	■	P	R	I	S	O	N
■	■	■	■	■	■	■	■	■	■	■	■	■

QUICK

R	■	Y	■	Y	■	G	■	T	■	T
K	E	N	N	E	L	■	N	O	U	G	H	T
■	N	■	O	■	L	■	I	■	O	■	G	■
T	E	A	M	W	O	R	K	■	B	R	I	G
■	P	■	E	■	F	■	N	■	L	■	■	■
C	O	O	R	D	■	E	A	S	E	O	F	F
■	■	■	E	■	S	■	R	■	V	■	■	■
S	T	O	C	K	E	D	■	G	O	O	D	S
■	L	■	■	■	H	■	K	■	L	■	E	■
J	A	Y	A	■	C	H	A	R	G	E	R	S
■	■	■	I	■	■	N	■	E	■	D	■	U
N	A	S	S	A	U	■	P	R	I	S	O	N
■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
6. Working in rows, the central value equals the difference between the left and right hand values.

QUOTE UNCODE
That's the thing about needs. Sometimes, when you get them met, you don't need them anymore.

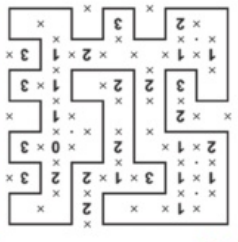
SUDOKU

2	1	7	8	3	5	9	4	6
8	9	6	1	7	4	3	5	2
5	4	3	9	2	6	8	7	1
9	6	5	2	4	3	1	8	7
3	7	2	5	8	1	4	6	9
1	8	4	6	9	7	2	3	5
6	3	8	7	1	9	5	2	4
7	2	1	4	5	8	6	9	3
4	5	9	3	6	2	7	1	8

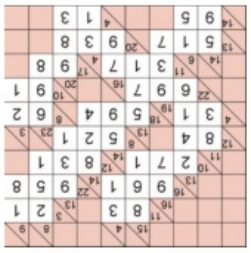
ALPHA TRIANGLE
H, Eh, Her, Rhea, Heart, Breath, Blather.

GO FIGURE
Easy
2 − 4 + 9 + 4 = 11
Medium
9 − 4 − 1 + 5 = 9
Hard
2 × 5 − 5 + 3 = 8

LOOP



KAKURO



Volume No 18, Issue No 009 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore–560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru–560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon–responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

ROARGEOUS!

alpha2 engine

Best-in-class power

42% more power than regular 350cc motorcycles.

GET YOURS NOW

RIDE IT TO FEEL IT. Visit your nearest dealership now!

First-In-Class | 6-Speed Gearbox | Assist & Slipper Clutch | Liquid Cooling | Ground Clearance 178 mm | 4 Years or 50 000 km Warranty*

Starting from
₹2 02 142.00*
(Ex-Showroom Bangalore)

Bangalore Basvangudi: Synergy: 8071912610/7259670005 | **Banashankari:** Synergy: 8071912480/9019408616 | **Jayanagar:** Legendary Bikes: 8071912539/9606963345 | **Kanakapura Road:** Synergy: 8071912480/9980348779 | **Mekhri Circle:** Raja Ganesh Enterprises: 8071912551/6366227181 | **MG Road:** Safina Motors: 8095946000 | **RR Nagar:** Legendary Bikes: 9036279258 | **Whitefield:** Affine Automotive Private Limited: 8071912593/7204234576| **E-City:** Bengaluru Motorcycle Works: 8071912680/9035554158 | **Devangere:** Sree Mallikajuna Motor And Scooter Mart: 8071912516/6363585424 | **Gulbarga:** Shah Legendary Bikes: 8071912591/7259851612 | **Hubli:** Gurukrupa Automobiles LLP: 8071912618/9834613782/9620049350 | **Mangalore:** Taj Motors: 7829173413| **Mysore:** Shree Jain Mobikes: 8071912512/8296953707 **Kushalnagar:** Shree Jain Mobikes: 9513719291

To become a Dealer, contact us at: dealer.enquiry@classiclegends.com or +91 8135846461 | Accessories shown in the image may not be a part of standard equipment | *T&C Apply